

Sweet Acorn Squash

Makes: 4 servings

Ingredients

- 2** acorn squash
- 1/2 cup** orange juice
- 1 teaspoon** cinnamon
- 1/4 teaspoon** nutmeg

Directions

1. Put each squash in the microwave. Heat for 1 1/2 minutes on high. This will soften the squash, and make it easier to cut.
2. Cut each squash in half. Remove the seeds and loosen fibers in the middle.
3. Place the squash on an ungreased baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan.
4. Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash.
5. Bake at 400 degrees for 30 to 45 minutes, until tender.
6. Season with cinnamon and nutmeg, and serve.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	8
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	